

Meet Anne McPhail, Health Coach



Anne McPhail has joined Nature's Wisdom Wellness Center as a certified coach and nutrition counselor. She is a board certified and accredited member of the American Association of Drugless Practitioners.

Born and raised in France, she received her professional training at the Institute for Integrative Nutrition in New York, and received Continuing Education Units from Purchase College, University of New York, after studying science and nursing at Three Rivers Community College in Norwich, CT.

As a holistic health coach, McPhail will work with clients to discover what food and lifestyle choices best support them for improved health and balance.

"While most nutritionists focus on calories and lists of good and bad foods, a health coach takes a broader approach to helping clients create a healthy life in a way that is flexible, informative and transformational," she says. "As a health counselor, I am a wellness guide and supportive mentor. Instead of prescribing one fix for all people, I use a personalized, holistic approach that is based on your needs. Working on the principle of bio-individuality, I'll support you in making positive changes that are based on your unique needs, lifestyle, personal preferences, and background."

This holistic approach is based on the Integrative Nutrition Program, with focuses on nourishing food and lifestyle choices. The wellness pyramid (see below right) emphasizes the importance of high quality vegetables, fruits, complex carbohydrates, proteins, healthy fats and water. To complete the picture, the pyramid is surrounded with lifestyle factors that create optimal health, relationship, career, physical activity and spirituality.

This program can help you:

- ~ Set and accomplish goals
- ~ Explore new foods
- ~ Understand and reduce cravings
- ~ Reduce stress and increase energy
- ~ Feel better in your body
- ~ Improve personal relationships



"Integrative Nutrition changed my life forever. It helped me change my diet and lifestyle. This program has helped many change their lives by either losing weight, eliminating poor habits or working on their health issues. I am forever grateful to my coach and her training at the Integrative Nutrition School for an amazing experience."

...Irene Maltzan, Emerson, NJ

Contact Anne for a consultation at healthfullivingnow@yahoo.com or 860-287-9980.
Her website is <http://websites.integrativenutrition.com/amcphail/index.aspx>

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